



## LifeSolutions Corner

August 2015

### Help available for problem gambling

***"My family told me they are concerned about my gambling. It started as an occasional trip to the casino, and a scratch-off ticket here and there. Now I'm betting on sports games and spending full days at the casino. And I have borrowed money to pay gambling debts. I think about gambling almost all of the time, and it's becoming evident to those around me. Should I be concerned? Can LifeSolutions help?"***

Some people can gamble recreationally, without serious consequences. For other people, gambling can start a progressive process with negative consequences and an increasing lack of control. If the process is not addressed, a problem gambler may experience psychological, financial, emotional, marital, and legal issues. Often, others close to the problem gambler are the first to express concern. Denial of the problem is very common. Early intervention is important, and reaching out for help is a very positive sign.

The good news is that LifeSolutions can help. A LifeSolutions counselor can provide a free, thorough, and confidential assessment of the severity and impact of your gambling. Our counselor can then connect you with a treatment resource for ongoing recovery. LifeSolutions can also connect you with resources to address commonly associated issues such as legal concerns and debt and credit issues.

Call **1-800-647-3327** to schedule an appointment with a counselor at a time and location that is convenient for you. All of our services are free and confidential.

You can also find helpful articles about problem gambling on our website at [www.lifesolutionsforyou.com](http://www.lifesolutionsforyou.com). Call us if you don't know your company code. Click on the green arrow that says, Visit our WorkLife portal. Then click on the Addiction and Recovery heading, under the Balancing tab, and select the Gambling and Online Gambling category.

*The information in this flier is not meant as a substitute for your company's policies.*

To use our WorkLife Portal, email  
or call us for your company code:

**[ask@lifesolutionsforyou.com](mailto:ask@lifesolutionsforyou.com)**  
**1-800-647-3327**  
**[www.lifesolutionsforyou.com](http://www.lifesolutionsforyou.com)**

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